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Vegan to offer a fresh alternative at new food bank

Mathew Noble wants to give those in need something he himself can eat: a vegetarian option, including 50 per cent fresh produce PAGE 4

The bigger danger: Speeding drivers vs. reckless cyclists

Two wheels or four? Metro's City Matters survey asks Torontonians what they think poses the greater risk on our roads PAGE 6

NEWS WORTH SHARING.

Back-door plan misses 'big picture'

King streetcar. Activist says allowing riders to use rear entrance is a piecemeal approach to improving transit

ROSEMARY WESTWOOD
rosemary.westwood@metronews.ca

Transit activist Steve Munro is criticizing the new back-door boarding policy on the King streetcar route as small-time thinking that won't do much to quicken commutes.

Munro called the plan, which will allow people to use the back doors effective Jan. 1, part of a piecemeal approach to improving transit.

Mayor John Tory and his council need to learn "some things will cost money and in the process we'll make some things better," Munro said.

Tory announced the new policy on Monday, saying it's part of "a gradual process that's going to involve one improvement at a time."

The big thing keeping back-door boarding from sweeping across the city is a money matter.

Back-door boarding opens the TTC up to more fraud, a spokeswoman said. Fraud costs the transit service an estimated $20 million annually and officials have requested $8 million to hire new enforcement officers.

If that money comes through, the plan is to roll back-door boarding out to all streetcar lines by the end of next year.

Munro said transit officials are overly concerned about skipped fares, since Metropass holders account for about half of TTC rides.

"There is no opportunity for fraud because we're travelling on a full-time pass," he said.

Different rules for different routes leaves even regular riders at a loss, Munro said.

TTC management and city council are "good at counting pennies but they don't look at the big picture," he said.

"It's nice to get onto all doors if there was actually a streetcar here to get on and there was room to get into it," he added. "Those are the big issues on King Street."

Riders wave their TTC passes and head for the back doors of a King Street streetcar Monday afternoon. Many riders already seem to be using the back doors even though it's not allowed until Jan. 1, 2015. ANGELA MULLINS/METRO

Metro asked riders:

Have you ever hopped onto the TTC without paying?

- **No:** 59%; **Just once:** 24%; **All the time:** 17%

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City councillors unite against prostitution law with petition

Bill C-36. The 25 who signed the letter represent the entire political spectrum at Toronto City Hall

More coverage

A former sex worker argues that the new law is already creating unsafe conditions for workers. See story, page 16.

JESSICA SMITH CROSS
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The day Toronto's new mayor and 44 councillors were sworn in, Coun. Kristyn Wong-Tam was busy circulating a letter among her colleagues, seeking signatures on a request to ask Premier Kathleen Wynne to stand up against the new prostitution legislation.

Wong-Tam had heard that sex-worker groups were petitioning Wynne to take action and decided Toronto should add its voice, so she spent the first ceremonial day of council — in between the bagpipes, the anthem and the speeches — rallying support.

"I started distributing copies of the letter to the councillors I was seeing on the second floor (of City Hall)," she said. "Everyone was on the floor of council, but I couldn't get to everyone because the meeting was so short."

Wong-Tam got 25 signatures from councillors who represent areas across the city.

Many knew the issue well and signed right away. Others took time to research and think it over, she said.

She attempted to reach everyone. No one said outright that they support the new federal law, but some didn't answer, said Wong-Tam.

The 25 who signed represent the entire political spectrum.

"Some are on the mayor's executive committee and are the right wing of council, there are people who sit in the centre of the spectrum and those who are on the left of the spectrum," she said.

"Everyone was in agreement that all residents of the City of Toronto need to be treated equally and need a safe environment to live and work."

The councillors' letter asked Wynne to send the bill directly to the Ontario Supreme Court for review and to direct police services not to enforce it.

Wong-Tam wrote that it will recreate the harms to sex workers that were identified in the old law that the Supreme Court deemed unconstitutional.

The new legislation came into force four days later — on Dec. 6. Wynne released a statement Dec. 7 announcing her "grave" concerns and her intention to ask the province's attorney general to look into the constitutionality of the law and remedies the Ontario government may have.

One councillor who didn't sign the letter was Coun. Shelley Carroll, a new appointee to the police services board and who, Wong-Tam said, had concerns about whether it was appropriate of her to ask the premier to direct the police not to enforce the law.

Coun. Chin Lee, the other new council appointed to the police board, decided to sign.

Mayor John Tory was given a copy but ultimately decided not to ink his name.

He "will respect" the process, spokeswoman Amanda Galbraith told Metro, declining additional comment.

Follow Jessica Smith Cross on Twitter @jessiecatherine

Coun. Kristyn Wong-Tam circulated a letter among her colleagues, seeking signatures on a request to ask Premier Kathleen Wynne to stand up against the new prostitution legislation. DAVID COOPER/TORSTAR NEWS SERVICE

Quoted

"We are united in our efforts to end violence against women. To that end, we strive to identify and correct situations that, however inadvertently, create conditions that are unsafe for any woman. We fear that Bill C-36 has introduced such unsafe conditions into Canadian society, bringing foreseeable detriment and real danger to some of the most vulnerable women we represent."

The letter signed by 25 city councillors included this passage

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Vegetarian food bank putting down roots

'Equity across the board'. Launch set for Jan. 31 in a space at the Yonge Street Mission

GILBERT NGABO
gilbert.ngabo@metronews.ca

Mathew Noble is planning to bring something fresh to the city — a food bank that's 100 per cent vegetarian.

That's right — all vegetarian, all the time, with a healthy supply of vegan-friendly food.

Noble claims 50 per cent of the offerings will consist of fresh produce, a goal that existing food banks say they struggle to meet.

"I don't want to give people any unhealthy food. I want to give them something I can eat," said Noble, who's a vegan.

The Toronto Vegetarian Food Bank is set to launch on Jan. 31 in a space at the Yonge Street Mission.

At the Daily Bread food bank, for example, about 40 per cent of food distributed this year has been fresh, which includes items such as fresh meat and dairy.

"I think that 50 per cent fresh vegetables at a food bank is a great goal, and I hope they reach it," said Sarah Anderson, senior manager of communications at Daily Bread.

Some people who depend on food banks and are vegetarians have resorted to eating meat because they have no other choice, Noble said.

"That is very sad because fresh vegetarian food is so scarce at food banks," he said, adding that people go vegetarian or vegan for their health, or because they're against animal cruelty and want to opt out of the extreme environmental damage caused by the farming of livestock.

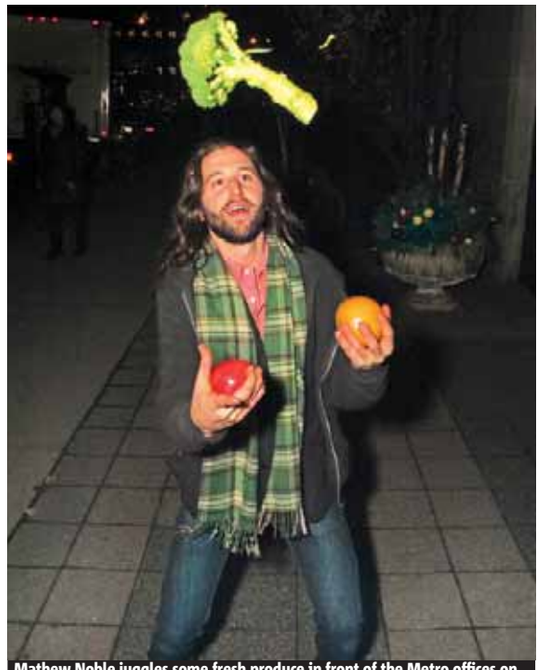
Noble's plan is to start small, offering services one or two days a month. He plans to lean on sponsors and community partnerships to keep the fresh produce flowing.

"We are very excited because it will offer the alternative for people and ensure some kind of equity across the board," Yonge Street Mission spokeswoman Sally Ritchie said. "Fresh items are the most difficult to store and keep and transport."

Quoted

"I don't want to give people any unhealthy food. I want to give them something I can eat."

Mathew Noble, of The Toronto Vegetarian Food Bank



Mathew Noble juggles some fresh produce in front of the Metro offices on Monday. Noble says his vegetarian-only food bank is set to launch on Jan. 31 in a space at the Yonge Street Mission. DAVID VAN DYKE/METRO

T.O. gas prices below $1 a litre for first time in four years

Cars gas up at the Costco station in Etobicoke on Monday. TORSTAR NEWS SERVICE

Prices at some pumps in Toronto dropped below $1 a litre Monday, the first time they have dipped below that threshold in the city in more than four years.

Stations such as the Costco-run pumps near The Queensway and Royal York Road enticed customers with the double-digit prices, a result of plummeting oil prices in Canada and around the world.

Generally, the cost of gas across the city remained above $1 mark Monday. The average motorist would have filled up at $1.06 per litre, according to Tomorrow's Gas Price Today, a website devoted to monitoring local gas prices.

Averages

The average Canadian uses about 80 litres of gas a week, meaning they will save about $30 a week with the lower prices.

That number should hold steady Tuesday, said Dan McTeague, a former Liberal MP who founded the price-tracking website.

But by Wednesday morning, average gas prices across the city could drop by at least two, potentially three cents a litre, McTeague said. At that point, he expected that about 100 gas stations in the GTA would be selling their fuel at less than a dollar per litre.

Stations in the Durham region, Barrie, Guelph and Kitchener will also likely be hovering around or falling below the $1 mark midweek, he said.

The drops come as global oil prices worldwide continue to plunge, with benchmark Brent crude closing down $2.78 US at $63.05 Monday, a fall of nearly 40 per cent since the summer.

The decline comes as global fuel demand lessens, while supply remains strong, particularly from both OPEC countries and American shale producers.

TORSTAR NEWS SERVICE

Police overseer not sorry for online post

'Needs to be talked about.' Union has filed for ouster after post on deaths by U.S. officers

What started as a Facebook post has taken over the airwaves and sparked a public conflict that threatens to bring down the chair of the city's police oversight body.

In a media blitz on Monday, Toronto Police Services Board chair Alok Mukherjee refused to apologize for his post on social media last week, linking to an Occupy Wall St. poster contrasting the small number of American deaths caused by ISIL and Ebola with the death toll caused by police officers.

He is sorry that he didn't provide context and didn't explain that he wasn't making a comparison with Toronto police, but maintained that it's a pertinent issue.

"The issue needs to be talked about," he said.

Mukherjee said in an interview with CP24 that sharing the material on Facebook was a "mistake" and he'd removed it.

Police union head Mike McCormack did a media tour of his own, announcing that he has filed a complaint with the provincial oversight body, asking that Mukherjee be removed for his behaviour.

"We would like to see his resignation because our concern is that he's lifted the veil on his true personal feelings," McCormack said. "He's biased."

Mukherjee did not anticipate backlash when he posted the image on Facebook, along with the phrase "I can't breathe" — the last words uttered by Eric Garner, an unarmed black man who died after a New York police officer held him in a chokehold.

"It is very similar to reports (I have posted) about policing in Russia or China or India ... They were never taken by anybody to be in any way an aspersion on Toronto police," he said.

TORSTAR NEWS SERVICE

Toronto Police Services Board chair Alok Mukherjee has refused to apologize for his controversial post on social media. STEVE RUSSELL/TORSTAR NEWS SERVICE

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NDP, Liberals bare teeth over kids' dental care

NDP MPP France Gelinas
TORSTAR NEWS SERVICE

Thousands of Ontario children in low-income families will lose access to preventive dental care because of Liberal service cuts, the NDP said Monday.

The Liberals denied the opposition charge but also said the changes are not "cast in stone" and are the subject of ongoing consultations. Changes to the dental programs will actually mean thousands more children can now access dental services, the Liberals said.

As of April 2014, expanded eligibility for the Healthy Smiles Ontario program means 70,000 more children can get free cleaning and basic treatment, the government said.

"The changes that we are making are designed to help more kids whose families cannot afford dental services," Premier Kathleen Wynne said in the legislature after NDP Leader Andrea Horwath raised the issue.

"If there is a particular issue in a particular program in a particular municipality, I know that the minister of health would like to know about that."

Six dental programs will be integrated into an expanded Healthy Smiles program in August 2015.

The NDP noted that the income threshold for preventive dental services will be significantly higher for the new program, to the point that many families will no longer qualify.

"These are shocking and appalling cuts that strike at the heart of vital public-health services," said NDP health critic France Gelinas.

At issue

"By removing these dental services from the most vulnerable children, we are putting our kids' health at risk."

NDP health critic France Gelinas

The Liberals insisted that no child will lose access to preventive dental services that they are currently eligible to receive.

Toronto's chief medical officer of health flagged the issue this summer, telling the city in a report that 15,000 fewer children in Toronto will be eligible under new criteria.

The Toronto Board of Health passed a resolution calling on the province to reverse the upcoming changes.

THE CANADIAN PRESS

CITY MATTERS SURVEY We hear from you

Trouble on wheels

Who poses the greater threat, Torontonians were asked: A rogue cyclist or a driver speeding in a school zone?

JESSICA SMITH CROSS
jessica.smithcross@metronews.ca

You know the heart-stopping feeling you get watching a cyclist fly through a red light, forcing drivers to slam on their brakes. And you know the feeling you get watching a car speed by a schoolyard as a kid chases a ball toward the road.

But which is worse?

The City Matters survey, conducted for Metro by MQO Research, asked Torontonians questions about city life, including, "Which is more of a safety hazard: A cyclist who disobeys signs or traffic lights, or a speeding car in a school zone?" Slightly more than half of respondents — 53 per cent — said the car speeding in the school zone is more dangerous, and 42 per cent of Torontonians chose the cyclist who disobeys signs or traffic lights. Five per cent weren't sure.

Driver Naveed Rathore, who commutes to Etobicoke from Scarborough, said he sees both sides.

"If a car is going five or 10 kilometres over I wouldn't see it as dangerous as the cyclist, but if it's a madman driving 50 over the limit, of course it's the unsafe driver," he said.

In the City Matters survey, conducted for Metro by MQO Research, we asked 600 Torontonians what was a greater safety hazard: A cyclist who does not obey signs or traffic lights, or a speeding car in a school zone? Forty-two per cent picked the cyclist and 53 per cent picked the car. PHOTO ILLUSTRATION: DAVID VAN DYKE/METRO

"Driving in Toronto, I see (cyclists) going on a one-way in the wrong direction, disobeying red lights, and it can lead to cars getting into accidents."

Jared Kolb, executive director of Cycle Toronto, seemed surprised at the results. "Wow," he responded. "Wow, wow."

"A one-tonne motor vehicle travelling through a school zone at a high speed, based on physics alone, is more dangerous than a 20-pound bicycle pushing through a traffic light or stop sign," he said.

Toronto police traffic services spokesman Const. Clinton Stibbe said both scenarios are dangerous, but a pedestrian or cyclist will always lose in a collision with a vehicle.

"I would say that's an unfair question to ask. It would say you're valuing one life over another," he said. "Whether it's a child in a school zone or a cyclist disobeying a light, or a pedestrian crosses where they shouldn't, it's a tragic loss for the community."

Speeding is always dangerous, but school zones have the added risk from kids who don't always pay attention, he said.

"The faster a vehicle travels, the longer it takes to stop, and if that child comes out and those precious few seconds you have are eaten up because you're going too fast, there's no way the child's going to survive a collision. If a child is struck by a car going 40 kilometres per hour, it's almost guaranteed to be fatal."

Both cyclists and pedestrians have died in the city by disobeying lights, he said.

"In the vast majority of cases, it's not the speed of the cars involved, it's that the cyclists have come out of a road or street when they shouldn't have, and been struck."

CITY MATTERS: PART II

In this 5-part series we hear what you, the people of Toronto, have to say on city issues.

- → Monday: Police services rank high in your eyes
- → **Tuesday: Law-breaking cyclists vs. law-breaking drivers**
- → Wednesday: Not everyone wants liquor outside the LCBO
- → Thursday: We look at city safety and how it's changed
- → Friday: What makes you happy (hint: it's not money)

For more and to comment, go to metronews.ca.

Private buses get thumbs-up

60%
WANT MORE PRIVATE BUS SERVICE IN TORONTO

Riding the infamous King streetcar could soon be a memory for people in Liberty Village willing to pay a bit more to avoid the cramped route.

Line Six, a shuttle bus service between Liberty Village and Union Station, will re-launch in January after a successful trial period earlier this year. It will offer about seven round trips daily, running morning and evening, for a little under $5 per ride.

That will give up to 336 Liberty Villagers the kind of personalized service that a majority of Torontonians said they would like to see more of, according to the City Matters survey. Sixty per cent of respondents said privately run bus service should be made more available in the city. Another 20 per cent were opposed to private buses, and 20 per cent said they weren't sure.

"We've been building our technology around the system," said Taylor Scollon, one of the founders of Line Six.

People will be able to buy passes online with a credit card, validate them on their phone, and use GPS to see where the buses are and when one is arriving.

ROSEMARY WESTWOOD/METRO

Is cyclist licensing the way to go in Toronto?

46%
THINK CYCLISTS SHOULD BE LICENSED

Someone pushes for licensing cyclists just about every summer in Toronto, said Jared Kolb, executive director of Cycle Toronto.

And in our City Matters survey, 46 per cent of respondents would agree with them. Another 43 were against licensing and about 10 per cent said they didn't know.

"A little bit of information is a dangerous thing," Kolb said in reaction to the results.

"The costs are too high relative to the ultimate benefit," he said. "Police already have powers of enforcement. Bicycles are required to follow the rules of the road."

Instead, Kolb would love to see schools teach safe bike riding to create outstanding cyclists before they hit the road.

According to the City of Toronto, the reasons councils have not implemented bike licensing — since a system was cancelled in 1957 — include the difficulty in keeping a database current, the difficulty in licensing children and the fact that licensing itself has been found not to affect cyclist behaviour.

JESSICA SMITH CROSS/METRO

Encouragement of transit use is a work in progress

61%
THINK THE CITY SHOULD DO MORE TO PROMOTE TRANSIT

TTC spokesman Brad Ross said there are many ways the city could encourage transit use — such as discouraging driving by limiting parking spots or doing public information campaigns — but the best way to lure potential transit riders out of their cars is to provide good service.

Sixty-one per cent of City Matters respondents said they don't think the city is doing enough to encourage people to use public transit. Twenty-six per cent said the city is doing enough and 12 per cent didn't know.

Ross said TTC ridership is high, and continues to grow, which has led to not-so-attractive crowding issues, he said.

"We are a success story and sometimes one could argue, in fact, we are a bit of a victim of our own success, in that there are crowding issues and we need to expand the system."

The TTC is working to improve service during off-peak hours, upgrading the subway signal system, and is addressing crowding by using higher-capacity streetcars and buses, he said.

JESSICA SMITH CROSS/METRO

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Employment lawyer Janice Rubin will investigate allegations within the CBC about Jian Ghomeshi.
TORSTAR NEWS SERVICE

CBC workers warned about probe

Ghomeshi allegations. Union says info gleaned from workers could be used to discipline them

The union representing CBC employees is warning members that what they tell an investigator looking into the broadcaster's handling of workplace-harassment allegations against Jian Ghomeshi could be used by management against them.

The Canadian Media Guild issued a memo Monday saying that while it is "strongly supportive" of the investigation, it has "some concerns" about how information garnered from employees will be used.

The memo says the independent investigator — Janice Rubin — will be recording the interviews and may pass the recordings to management, who could then rely on the information to discipline employees.

"While we firmly believe that evidence of wrongdoing should be investigated and necessary measures taken as required, no employee should be put in a position of exposing themselves to discipline based on information they themselves have provided," Marc-Philippe Laurin, president of the union's CBC branch, said in the memo.

"CMG has been unable to receive assurances against self-incrimination" or guarantees that employees will have access to the complete findings and recommendations emerging from the investigation, he said.

The CBC has also told the union that employees will not be allowed to record the interviews themselves, nor will they be able to obtain a copy or transcript of Rubin's recordings until the results are released.

The broadcaster was not immediately available for comment Monday.

THE CANADIAN PRESS

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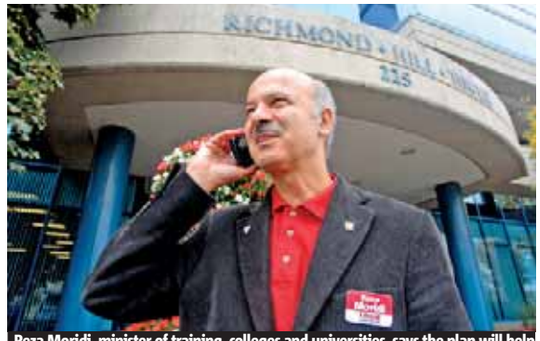

Reza Moridi, minister of training, colleges and universities, says the plan will help all qualified students, regardless of income. COLIN MCCONNELL/TORSTAR NEWS SERVICE

Limit lift. Ontario links student aid to inflation

Ontario is the first province in Canada to agree to raise the limit on student aid each year by the rate of inflation, which will spell about $170 more per year for some 64,000 students who qualify for the maximum, starting September 2015.

Queen's Park will also add a cost-of-living hike to the amount a student must pay back, although students will still have to repay only about 60 per cent of what they borrowed, with the other 40 per cent covered by Ontario's Student Opportunity Grant, said senior officials from the province's ministry of training, colleges and universities on Monday.

In addition, Ontario is offering a financial olive branch to the roughly 100,000 graduates who have defaulted on repaying their student debt. Ontario is joining other provinces in making it easier to get back into good financial standing through a "debt rehabilitation" program.

"By taking important steps to increase the amount of financial aid available to students, improve flexibility in repayment and tie debt caps to inflation, our government is ensuring our student-assistance programs ... continue to help all qualified students regardless of income," said MPP Reza Moridi, minister of training, colleges and universities.

However the Canadian Federation of Students in Ontario is concerned the changes simply increase the amount of debt students have to take on, rather than reduce their need for loans.

"We would have preferred to see (cost-of-living) increases to non-repayable forms of assistance," said Federation chair Alastair Woods.

TORSTAR NEWS SERVICE

By the numbers

- **$22,207:** Average debt of a graduate of a four-year university program, 2012-2013
- **$13,063:** Average debt of a two-year college graduate, 2012-2013
- **$70 million:** Amount of student debt entered into default in Ontario, 2013-2014
- **17,000:** Number of student borrowers who defaulted on debt in Ontario, 2013-2014
- **68 per cent:** Portion of Ontario post-secondary students on OSAP

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Video. Muslim group denounces call for attacks

A leading national Muslim group has categorically denounced the latest call for violence against Canada and other nations by the terror group that calls itself the Islamic State of Iraq and the Levant (ISIL).

"We condemn the depraved violence and extremism by this and other terror groups," Ihsaan Gardee, executive director of the National Council of Canadian Muslims, said on Monday.

"It is both a civic and religious duty to contact the authorities if one has any information about plans to hurt or harm anyone," Gardee said.

The council's comments come on the heels of reports that John Maguire of Ottawa, who now calls himself Abu Anwar al-Canadi and "Yaha," has posted a propaganda video online.

His video calls for terror attacks in Canada in response to Canada's participation in a coalition against ISIL.

Ihsaan Gardee of the National Council of Canadian Muslims, right, is seen presenting an award at the NCCM's March 2014 Gala. TORSTAR NEWS SERVICE FILE

"We emphasize the sacredness of life and repudiate any express statements or tacit insinuation that anyone should harm innocent people," Gardee said. "Our message to anyone who espouses, endorses, or in any way supports this ideology of violence, is that your actions have nothing to do with the authentic teachings of Islam." TORSTAR NEWS SERVICE

Security issues. Canadian Embassy in Cairo closed

The Canadian Embassy in Cairo has been closed amid security concerns, one day after the British Embassy suspended its services because of safety worries.

"As a security precaution and to ensure the protection of Canadian staff, we have closed our embassy in Cairo for the day," Adam Hodge, press secretary to Foreign Affairs Minister John Baird, wrote in an email.

The two western embassies, located next door to one another in the central Cairo district of Garden City, gave no further details on their closures.

However, three senior Egyptian security officials said that recent arrests of suspected militants revealed plans to target the embassies, abduct foreign nationals and assassinate public figures. They did not elaborate further.

The embassy announced its closure locally through a message on its main telephone number on Monday.

An Egyptian security official said that Canadians asked for all roads around the embassy to be shut down and sought more security.

The official, who wasn't authorized to speak to journalists and as a result would only speak on condition of anonymity, said security would be tightened, but that the roads would not be closed.

Hodge would not discuss what exactly prompted the closure. THE CANADIAN PRESS

Seeking deeper ties

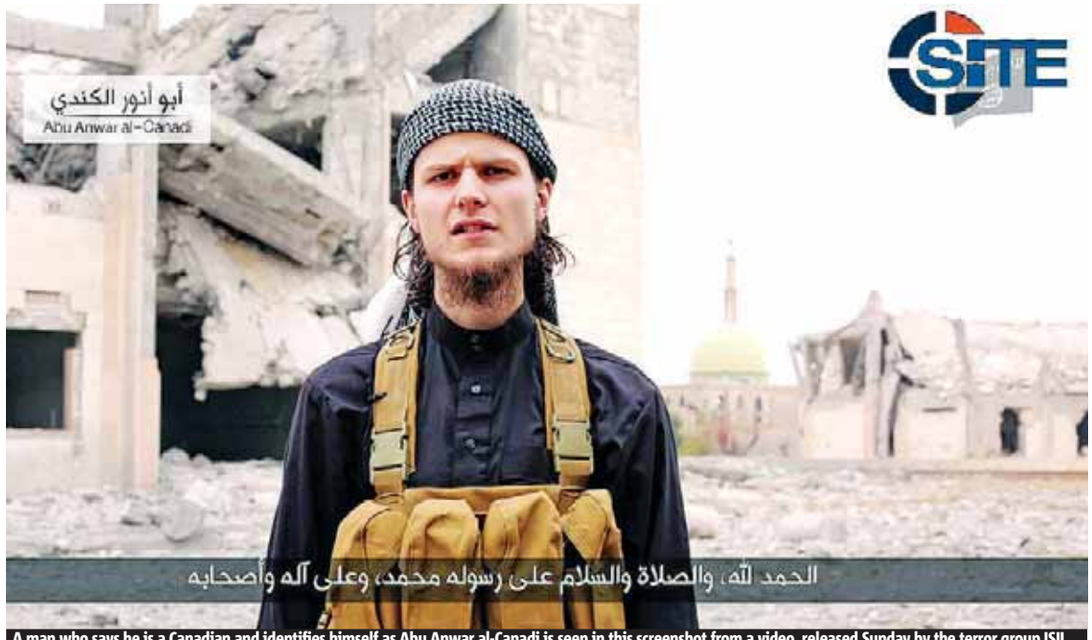
Canadian military trainers arrive in Ukraine

The Harper government signalled Monday it wants to create deeper defence ties with Ukraine, signing a declaration that could lead to broader military co-operation in the region. Defence Minister Rob Nicholson said Canada is searching for bilateral ways to expand military training with Ukraine and that a team of trainers has arrived there. THE CANADIAN PRESS

Effort to limit spread

Half of B.C. designated avian flu control zone

Half of British Columbia has been designated an avian flu control zone in an effort to limit the spread of the virus and reassure other countries that Canadian commercial poultry is safe. The restrictions, imposed by the Canadian Food Inspection Agency, become more strict the closer producers are to the five farms that tested positive for avian flu. THE CANADIAN PRESS



A man who says he is a Canadian and identifies himself as Abu Anwar al-Canadi is seen in this screenshot from a video, released Sunday by the terror group ISIL, that calls for indiscriminate attacks against Canadians. The man has been identified as John Maguire, a former University of Ottawa student who converted to Islam and became radicalized before leaving Canada last year. HANDOUT/THE CANADIAN PRESS

Jihadist seemed to lack friends: Acquaintance

John Maguire. Former Ottawa man in extremist recruiting video may have been 'fed up' with Canadian society, a professor says

Quoted

"This young man was really quite isolated — no one really knew what he was thinking."

Stephane Pressault, national co-ordinator with Project Communitas, who says he met John Maguire four years ago.

John Maguire, a former Ottawa man who appears in a new extremist recruiting video, seemed to lack close friends in Canada and kept his distance from others, says an acquaintance who used to pray with him.

"People had very superficial relationships with him," said Stephane Pressault, who met Maguire four years ago during Friday prayers at the University of Ottawa. Pleasantries were exchanged, but no deep ideas were shared, said Pressault, the national co-ordinator with outreach group Project Communitas.

"It's not that he was a loner. But he didn't share his opinions on things. And he didn't have ... a best friend, or a clique, or a group of people that he always turned to," Pressault said. "In retrospect, that's alarming."

Project Communitas is grappling with the phenomenon of Islamic radicalization as part of its mission to foster citizenship, dialogue and youth leadership.

Maguire's polished propaganda video, released Sunday, urged Muslims to launch indiscriminate attacks against Canadians, similar to those carried out in October in Ottawa and St-Jean-sur-Richelieu, Que.

Maguire — whose passport was apparently revoked after he left Canada — likely became "fed up" with Canadian society at some point, said Jocelyn Belanger, a psychology professor at the University of Quebec at Montreal who has studied radicalization around the world.

Belanger surmises Maguire could have been spurred to join radical Islamic militants overseas because he didn't fit in at home and felt insignificant — a typical motivation for extremists.

One can regain significance by building a successful career or becoming a role model, Belanger said, but such accomplishments take time.

This is why propaganda created by the al-Qaida splinter group known as the Islamic State of Iraq and the Levant (ISIL) has been so effective, he added: "Their ideology dictates the actions required to become a hero, a martyr, a rock star."

Public Safety Minister Steven Blaney reiterated Monday that new anti-terrorism legislation is coming, but he offered no specifics or even a timeline. THE CANADIAN PRESS

Man facing terrorism charges to have bail hearing

A man arrested by Quebec provincial police on terrorism-related charges will have a bail hearing Tuesday.

Crown prosecutor Lucie Martineau objected to Nejib Belhaj-Chtioui's release on Monday as he was arraigned at the Montreal courthouse.

Police say he was the subject of an outstanding warrant and was arrested Sunday at Montreal's Pierre Elliott Trudeau airport upon returning from Tunisia.

He faces two charges relating to the terrorism hoax section of the Criminal Code — conveying information and committing an act to cause reasonable concern that it is connected to a terrorist activity.

The investigation was conducted by a provincial police unit that probes extremist threats.

Martineau said she objected to Belhaj-Chtioui's release because he hadn't been in Canada and was arrested at the airport.

She wouldn't say if she thought he would flee the country if released, adding, "I just objected to his release today and we will know more about him tomorrow (Tuesday)."

Martineau said there had been a warrant out for Belhaj-Chtioui's arrest since 2013 for acts allegedly committed between May 13 and May 20, 2011, but wouldn't elaborate.

She added she believed Belhaj-Chtioui had been out of the country since warrant was issued. THE CANADIAN PRESS

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New Delhi bans Uber as driver accused of rape

Blow for ride-sharing service. Based on hailing cars from a smartphone app

The Indian capital on Monday banned taxi-booking service Uber after a woman accused one of its drivers of raping her.

Transport official Satish Mathur made the announcement as the 32-year-old suspect appeared in a New Delhi court.

The court ordered Shiv Kumar Yadav held for three days for police questioning, over allegations that he raped the finance company employee after being hired to ferry her home from a dinner engagement on Friday night.

The court also ordered Yadav's cellphone confiscated, according to Press Trust of India.

The case, almost two years after a young woman was fatally gang raped on a bus in the capital, has renewed national anger over sexual violence in India and demands for more effort to ensure women's safety.

The government rushed through legislation last year to double prison terms for rape to 20 years and to criminalize voyeurism, stalking and the trafficking of women.

But activists say much more needs to be done, including better educating youths and adding basic infrastructure such as street lights and public bathrooms.

The CEO of San Francisco-based Uber, Travis Kalanick, said the company would do "everything to bring the perpetrator to justice and to support the victim and her family in her recovery."

He also sought to deflect some of the blame on to officials, saying the company would work with the government to establish clear background checks that are "currently absent in their commercial transportation licensing programs."

It was not immediately clear if Uber itself performed any background check, nor was it clear whether Yadav would even have been flagged. THE ASSOCIATED PRESS

NATO lowers flag on Afghanistan mission

NATO soldiers fold the flag of International Security Assistance Force Joint Command, the NATO entity in charge of combat operations in Afghanistan, during a flag-lowering ceremony in Kabul, Afghanistan, Monday. The U.S. and NATO ceremonially ended their combat mission in Afghanistan on Monday, 13 years after the Sept. 11 terror attacks sparked their invasion of the country to topple the Taliban-led government. MASSOUD HOSSAINI/THE ASSOCIATED PRESS

Human rights

Probe demanded in police killings of black Americans

Protesters carrying signs bearing names of black Americans killed by police have marched outside the U.S. Capitol to demand a human rights investigation. THE ASSOCIATED PRESS

Cleveland

Rice's mom wants officer convicted

The mother of a 12-year-old Tamir Rice, shot by a Cleveland policeman, says she wants him convicted for killing her son, who was carrying a pellet gun that police say looked real.

THE ASSOCIATED PRESS

Samaria Rice, mother of Tamir Rice, speaks during a news conference Monday. THE ASSOCIATED PRESS

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Assignment at U of T pulled

University of Toronto. Graduate business school pulls class assignment over concerns of sexism

The Rotman School of Management has pulled a controversial class assignment from a first-year MBA course after concerns were raised about its portrayal of women.

The assignment, issued last week for a class on capital markets, features a fictional female business student who is offered a public relations job with jeweller Tiffany and Co. — her "favourite company of all time." She is struggling to decide which compensation package she should accept.

Several students in the University of Toronto's graduate business school were openly dismayed by the assignment, saying there is "just so much wrong" with its portrayal of "Elle Forest," a ditzy woman who requires the assistance of her Yale-educated boyfriend to figure out which compensation package she should accept.

Torstar News Service received a copy of the assignment from a student, who was unimpressed by its depiction of the hapless lead character.

Torstar took those complaints to the Rotman School of Management on Thursday. Students told Torstar that Professor Kent Womack, who teaches the capital markets class, later apologized verbally for the assignment, which he said was written by a teacher's assistant. He then advised the class to think carefully before speaking to the media, according to students.

One student, who asked not to be identified over concerns of reprisal, said some classmates started to clap after the professor advised against commenting to the press. TORSTAR NEWS SERVICE

Video-game pioneer dies

German-American game developer Ralph Baer shows the prototype of the first games console, invented by him, in this image from the Games Convention Online in Leipzig, Germany. The video-game pioneer, who created both the precursor to Pong and the electronic memory game Simon — and who also the leader of the team that developed the Magnavox Odyssey, the first home video-game console — has died. Baer, who was born in Germany and escaped the Holocaust with his family, was a longtime resident of Manchester, N.H. The Goodwin Funeral Home confirmed Monday that he died at his home Saturday. He was 92. Baer started thinking about what later became the home video-game console while working as a television set designer in the 1950s. In the next decade, he started working on television games as chief engineer for Sanders Associates, now BAE Systems. That led to The Brown Box, which was licensed by Magnavox and came out with the Odyssey in the early 1970s. The console, which connected to a television, could play about two dozen games, including one called Table Tennis — a precursor to Pong. JENS WOLF/THE ASSOCIATED PRESS FILE

Ontario tables pension bill

Ontario's Liberal government introduced legislation Monday to create a mandatory provincial pension plan, which the Opposition and business groups slammed as a job-killing payroll tax.

The bill clears the way for the introduction on Jan. 1, 2017, of the Ontario Retirement Pension Plan, which will be mandatory for workers who do not already have a company pension plan, said Finance Minister Charles Sousa.

"The reality is that a significant number of today's workers are simply not saving enough to maintain their standard of living when they retire," said Sousa.

Quoted

"Employers worry that by making it more expensive to hire, the new pension plan will negatively impact job creation and hurt Ontario's competitiveness."

Chamber president and CEO Allan O'Dette

The bill would require employers and employees to each contribute 1.9 per cent of a worker's salary to the ORPP, up to $1,643 a year, which the Ontario Chamber of Commerce warned will result in fewer jobs.

The Canadian Federation of Independent Business warned that forcing every Ontarian without a workplace pension and their employers to pay new premiums will result in higher unemployment and lower wages. THE CANADIAN PRESS

Market Minute

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TSX 14,144.17 (-329.53)

OIL $63.05 US (-$2.79)

GOLD $1,194.90 US (+$4.50)

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VOICES

‘DEVASTATED’: EX-SEX WORKER

With Canada’s controversial new prostitution law now in effect, Metro’s Thandi Fletcher talks to advocates for their take on why Bill C-36 puts sex workers at risk

THANDI FLETCHER
Metro in Vancouver

When Kerry Porth worked in the sex trade a decade ago, she says she never encountered a situation where she felt in danger.

Although she struggled with severe drug addiction, poverty and occasional homelessness at the time, Porth credits her ability to stay out of harm’s way with being able to work from home, where her partner was always nearby.

“I think that speaks to the value of being able to work indoors and have someone there to protect you,” she said.

Porth, now an advocate for sex workers’ rights and a board member for Vancouver’s Pivot Legal Aid Society, fears Bill C-36, Canada’s new prostitution law, will compromise the safety of those still working in the sex trade.

“I’m pretty devastated about it,” said Porth, who appeared before the House justice committee in July to speak out against the new legislation. “This bill is really going to place sex workers in further harm.”

Justice Minister Peter MacKay has said that once passed into law, the prostitution bill will mean safer conditions for sex workers. But for Porth, the claim is laughable.

In harm’s way

“While we continue on with this failed experiment, sex workers’ lives are going to be at stake.”

Kerry Porth, former sex worker

Over the past year, she and others have worked tirelessly to convince government of the link between criminalization of prostitution and violence against sex workers.

She said the new law will make prostitution more dangerous by driving sex work into the shadows, rushing communication with clients and preventing sex workers from properly screening clients.

For sex workers who operate indoors, she said, the new law makes it difficult for them to advertise their services, forcing them to place vague classifieds.

“They can’t be explicit about what acts they’re willing to perform,” she said, adding that this could drive some sex workers to the street in search of new clients.

The new law also heightens safety risks for street-level sex workers. Under the new law, she said sex workers wouldn’t be inclined to work in well-lit areas because clients will want to avoid police detection.

Kerry Porth says Canada’s new prostitution law will put women in danger. THANDI FLETCHER/METRO IN VANCOUVER

Already, she said, her fears are being realized.

The day Bill C-36 received royal assent, Porth said a sex-worker friend told her three clients had refused to provide their real names and phone numbers.

“Those are essential screening techniques that sex workers employ,” she said. “Clients are going to be really leery about complying with screening techniques when they fear there’s a police officer on the other end of the phone.”

Old vs. new

Last December the Supreme Court of Canada threw out existing prostitution laws, saying they violated the Charter of Rights and Freedoms.

- Under the old law, buying and selling sex was legal, but activities around it were illegal. The key difference under the new legislation is that selling sex remains legal but buying sex, and communications around buying sex, will be against the law.
- It is now legal to communicate with the intention of selling sex in some circumstances. This is a change from the previous laws, which made it illegal to negotiate the sale of sex in any public place.
- It is now illegal to sell sex in public view or next to a school ground, playground or daycare centre.
- It is now legal, technically, to advertise your own services, but illegal to advertise the sale of others’ sexual services.
- It is against the law to benefit materially from another person’s sex work, with some exceptions.

New prostitution law, same harm to workers: Lawyer

Metro talked to Katrina Pacey, a lawyer for Vancouver’s Pivot Legal Society, for her take on the controversial new law.

How is Bill C-36 different from previous laws on prostitution? It’s a different law, but the impact on sex workers’ health and safety will be the same. Bill C-36 targets communication for the purposes of prostitution, the purchase of sexual services, advertising, and sex workers’ ability to work with others like security guards.

By targeting all of those various activities, it takes away sex workers’ ability to use those relationships and situations to enhance their safety.

Does Bill C-36 improve conditions for sex workers? No. Bill C-36 doesn’t make anything better for sex workers. The government has tried to paint it that way. (Justice) Minister (Peter) MacKay has said that this is about rescuing victims who are in prostitution and trying to eliminate prostitution through criminal law, but we know that neither of those objectives will be achieved.

By making it illegal to purchase sex and targeting clients, sex workers at the street level will continue to get driven into the most isolated and dark parts of the city because their clients are getting driven into those places to avoid police detection. Sex work will continue to happen, but in an underground fashion. As a result, the whole industry gets made less safe.

How is Bill C-36 going to change things for sex workers? It is going to continue to create a distrustful relationship between sex workers and police, who they would like to be able to count on for support.

What we don’t know at this point is what enforcement is going to look like. It’s up to the various police departments and RCMP detachments to decide how vigorously they’re going to enforce (the law).

In Vancouver, the police have made some very promising and progressive statements that they’re not interested in arresting people who are engaged in adult sex work that is consensual.

While we wait for these laws to go through a court challenge, we hope that other police departments will follow suit.

What’s next? There’s a conversation happening around the country now among sex workers, organizations and lawyers about what a court challenge would look like, and when and how it will happen.

We’re a part of that dialogue and we’re very actively thinking about litigation.

I don’t have anything concrete at this moment to say about timing, but I can say for sure that a court challenge will happen. THANDI FLETCHER/METRO IN VANCOUVER

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Gossip

NED EHRBAR

METRO'S TAKE ON THE WORLD OF CELEBRITIES

William and Kate GETTY IMAGES

Some Big Apple tourist traps we suggest Will and Kate avoid

The British are here! The British are here! The Duke and Duchess of Cambridge — who will always be Prince William and Kate Middleton to me, sorry — are, like countless tourists this month, in New York to see the sights. Although it's too late to warn them away from the Empire State Building — baby, it's cold up there — we would still like to save them some time and grief with advice on what other tourist traps they should avoid.

Cabaret on Broadway
Or whichever bar Shia LaBeouf was drinking at before going to see Cabaret. That does not end well.

Guy Fieri's restaurant
Although the horrendous menu at Guy's American Kitchen & Bar might be the most American thing in the world, we think the Royals would be doing themselves a favour by passing up a chance to sample the Guy-talian Nachos or the Awesome Pretzel Chicken Tenders.

Those damn Cronuts
Speaking of food: the signature pastries at Dominique Ansel's bakery? Not worth the wait. Plus, they're pretty French, so the Brits probably want to avoid them anyway.

The Hot Bird
Or any other Brooklyn bar currently enforcing a ban on babies. Although Prince George is sitting this trip out, it would look like a betrayal to fellow parents everywhere if Kate were to cross the stroller-choked picket line.

Drake dates and 'scars' led to Brown breakup

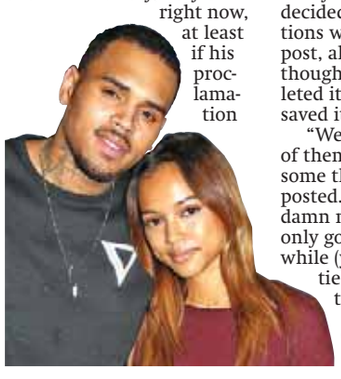
Chris Brown and on-again, off-again girlfriend Karrueche Tran are very, very off right now, at least if his proclamation of, "F--- that bitch!" during a recent concert appearance is any indication. He also decided to vent his frustrations with an Instagram post, although he quickly thought better of it and deleted it. Luckily MTV News saved it.

"We've got scars, some of them (you) gave me, some them I've caused," he posted. "I was locked up for damn near four months and only got one visit from you while (you) was hosting parties and taking secret trips to Toronto, going on dates with Drake."

Oh, Chris. You know it's not a good idea to talk about giving your girlfriend scars when you're still on probation for assaulting a previous girlfriend, right? Well, maybe you don't.

Tran, for her part, is being quite open about the breakup, stating in an Instagram post of her own, "I refuse to be repeatedly mistreated, especially by someone who claims to love me. That's not love. And if that's what you define as love then I don't want it."

Should we be worried about that "repeatedly mistreated" part?



Chris Brown and Karrueche Tran GETTY IMAGES

Swift and Kloss make out (or just discuss the music)

Congratulations, Taylor! You've officially reached the fevered lesbian rumour stage of your career. Sources are breathlessly exclaiming that Swift and model Karlie Kloss are more than just friends, going so far as to suggest photos show the pair totally making out in the balcony at a concert by The 1975 last week. Or, you know, they could've just been trying to talk to each other during a loud rock concert.

Taylor Swift GETTY IMAGES

Lautner a bit too popular at two Hollywood gay bars

Hey, remember Taylor Lautner? He of the Twilight franchise, who briefly "dated" best friend Taylor Swift? Maybe he thought you'd forgotten him enough that he could just relax and enjoy himself.

Well, not so much. Lautner hit up a couple of gay bars in West Hollywood recently with friends but ended up drawing a fair amount of attention.

First, model Murray Swanby got himself a selfie with Lautner at famed gay bar The Abbey. Then Lautner and pals scooted next door to another bar, Mother Lode, but the attention got to be too much.

"Taylor only stayed at Mother Lode for a half-hour, but seemed to be having a blast. It is a fun gay bar with super-strong drinks, and he was in the back with two friends, who looked to be very close by their interactions," a source tells Radar Online. "Taylor was definitely trying to be incognito, it looked like, but everyone there was staring at him. I think he left because people kept asking him for photos with him and he declined."

Taylor Lautner, right, and model Murray Swanby. INSTAGRAM

Leo picks up the bachelor slack in post-Clooney era

Although he's never been shy with the ladies before, Leonardo DiCaprio is apparently looking to rack up some Wilt Chamberlain-style numbers while attending Art Basel in Miami. The reigning Hollywood bachelor of the post-Clooney world stopped by an Art Basel-related party over the weekend and "left with 20 girls," a very impressed source tells the New York Daily News. "Leo and 20 girls. He is my hero."

Leonardo DiCaprio GETTY IMAGES

SCENE

Taylor Swift's year of note

Music. Country hitmaker tops charts and industry chatter with her pop-fuelled 1989

From her expert use of social media to her highly publicized reflections on the music industry, Taylor Swift has caught the public's attention multiple times in a year that's seen the country singer reinvent herself as a full-blown pop star via her latest, chart-topping album, 1989.

"Love affair" between artist and fans

In July, Swift wrote an op-ed for the Wall Street Journal offering up her thoughts on music sales and the industry's future, referring to herself as "an enthusiastic optimist: one of the few living souls in the music industry who still believes that the music industry is not dying ... it's just coming alive."

Among her points: that having fans will get artists record deals rather than the other way around, something she exemplifies in her strong social media presence.

Leading up to her album launch, Swift made smart use of social networks, announcing the LP in a Yahoo! livestream while taking questions from fans via Instagram, Skype and Twitter, later counting down to the launch with snapshots of lyrics on Instagram, and inviting some lucky followers to her home for private listening parties.

"I believe couples can stay in love for decades if they just continue to surprise each other," she wrote in the WSJ, "so why can't this love affair exist between an artist and their fans?"

Genres "less of a career-defining path"

In her op-ed, Swift alluded to something fans could expect of her later in the year, when her decidedly non-country album 1989 came out.

She said, "I want to make music that reflects all of my influences, and I think that in the coming decades, the idea of genres will become less of a career-defining path and more of an organizational tool."

Her pop album was released in late October and topped charts in a dozen countries, becoming the first of the year to go platinum in the U.S.

"People are still buying albums"

Immediately following the release of 1989, Swift made headlines again when she took her entire catalogue off the streaming service Spotify.

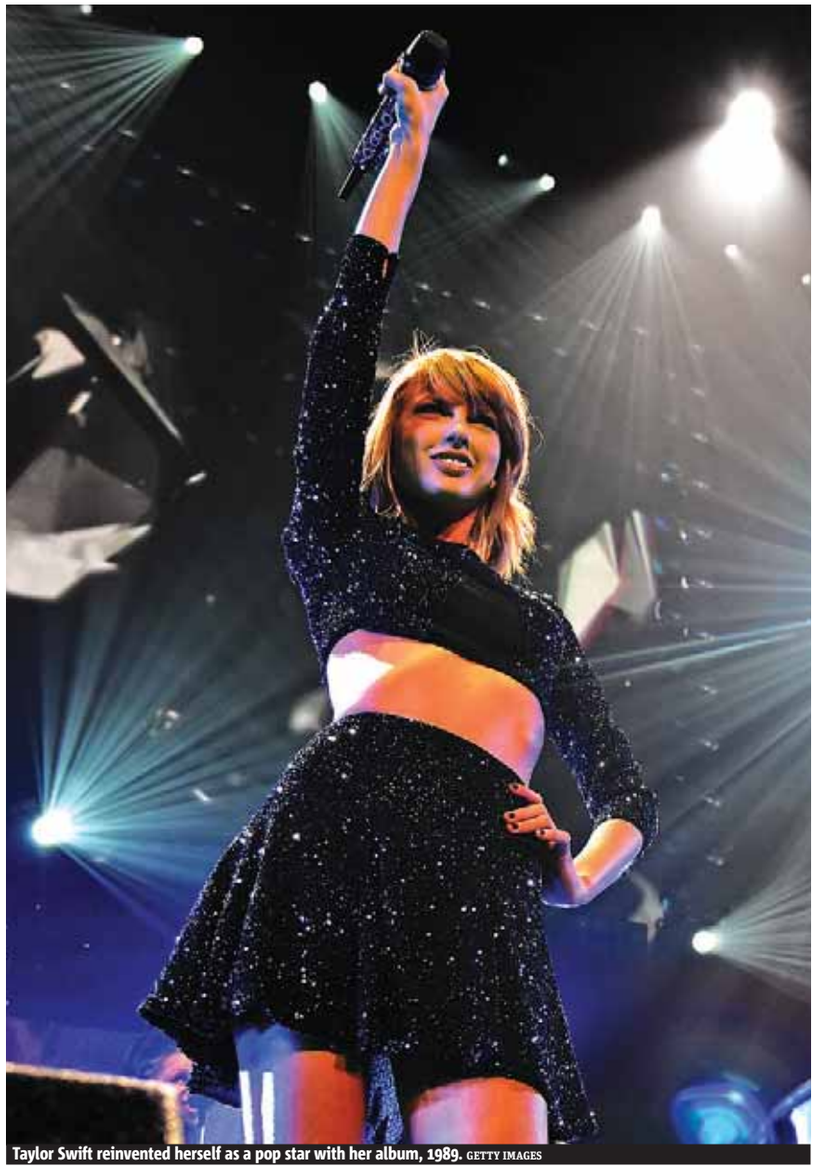
In her op-ed, Swift had expressed optimism about people's interest in albums, but also acknowledged that streaming — along with file-sharing and piracy — was shrinking album sales.

Despite Swift's absence on Spotify, in December, 1989 topped the very first Billboard U.S. album chart to incorporate streaming figures and song downloads as well as physical and digital sales, showing her enthusiastic optimism may not be far off the mark. **AFP**

Quoted

"I believe couples can stay in love for decades if they just continue to surprise each other, so why can't this love affair exist between an artist and their fans?"

Taylor Swift said in her WSJ op-ed



Taylor Swift reinvented herself as a pop star with her album, 1989. GETTY IMAGES

Three songs you have to hear now

SOUND CHECK
Alan Cross
scene@metronews.ca

Storm/ Soundgarden

While the band was preparing their collection of rarities and unreleased tracks, Soundgarden decided to record a brand new track back in May and managed to keep it under wraps until just recently.

Take My Side/ Will Butler

With the band's crazy schedule, where did the Arcade Fire bro ever find time for a solo album? And how did he keep it quiet? Policy will be out on Merge on March 10.

Friend/ Residual Kid

This trio of 14-year-olds from Austin would like everyone to know that they rock better than you. And they've got a new record deal to prove it.

TV. Russell Crowe takes a Gander but finds no sign of Republic of Doyle pals

Oscar-winning actor Russell Crowe was briefly in Newfoundland on Sunday and pined for absent friends through Twitter.

Crowe tweeted out to his friends Alan Doyle of the band Great Big Sea and actor Allan Hawco that he was disappointed to land in Gander and that the pair didn't drive to meet him, adding: "Guess I'm partying alone."

The three appeared together in the television show The Republic of Doyle in 2012 after Doyle and Crowe became friends.

Crowe also tweeted out selfies with no one in the background, joking that he was "Battling through the crowds for my public appearance in Gander, Newfoundland."

The actor has more than 1.6 million followers on Twitter.

"I love Newfoundland ... just sayin'. Wish I could be here longer," he tweeted before leaving.

THE CANADIAN PRESS

Russell Crowe TWITTER

K. Michelle pours her hip-hop heart out

Music. Rebellious songstress reveals her wounded self on new album Anybody Wanna Buy A Heart?

EMILY LAURENCE
Metro in New York City

Those familiar with K. Michelle — whether it's by watching VH1's Love & Hip Hop or listening to her debut album Rebellious Soul — know she doesn't hold back. If you make her angry, everyone will find out. But the R&B songstress is showing a softer side with her sophomore LP, Anybody Wanna Buy A Heart? (out Dec. 9) and her current VH1 reality show, K. Michelle: My Life.

Metro talked to her about exposing her pain and letting people see the real K. Michelle.

Heartbreak and healing

"When I was recording the album, I was really trying to come to grips with something and either get over it or decide whether I wanted to stay in it. So it was a good time to record an album," Michelle says of the new album, which she recorded just three months ago. She tells us almost all the songs are about the same person, which Internet rumours suggest is actor Idris Elba.

Maybe I Should Call is especially raw, a song about being in love with a man who is having a baby with another woman. "I sent him a couple songs off the record and he said it was sad that we're in this position, but this is art. And he said it was a great vocal performance," Michelle tells us about her muse. But when asked if she saw the album as a way to have the last word, she said no, "I see it as a way to heal."

On that Drake song

Not all the songs are intensely emotion-filled. Drake Would Love Me is basically a fan's love song to Drake. "Girls look at Drake and think, 'Oh my God, he's so sweet.' He's the only one singing real love songs to girls. Other guys are offensive to women," Michelle says.

"I sent Drake the record and he loved it. He was like, 'This is dope. This is crazy. I'm so honoured.'"

Reality TV vs. her reality

Love & Hip Hop fans may remember Michelle as a hot-headed drama queen, but while her current show still has plenty of drama, the singer put herself in control as executive producer to make sure that wasn't all people saw. "People get to see me as a business woman and a mother. It's hard," she says. But she certainly couldn't control everything. "The finale (which aired Dec. 8) is shocking and it was shocking for me to experience," she says. "To end the season like that, I thought, wow, (my life) really is made for TV."

Quoted

"I sent Drake the record and he loved it. He was like, 'This is dope. This is crazy. I'm so honoured.'"
K. Michelle

K. Michelle GETTY IMAGES

Music anniversary

Roxette takes '80s hits on tour

The Swedish duo behind the single It Must Have Been Love, heard on the soundtrack of Garry Marshall's Pretty Woman, this week announced an international tour coinciding with their 30th anniversary.

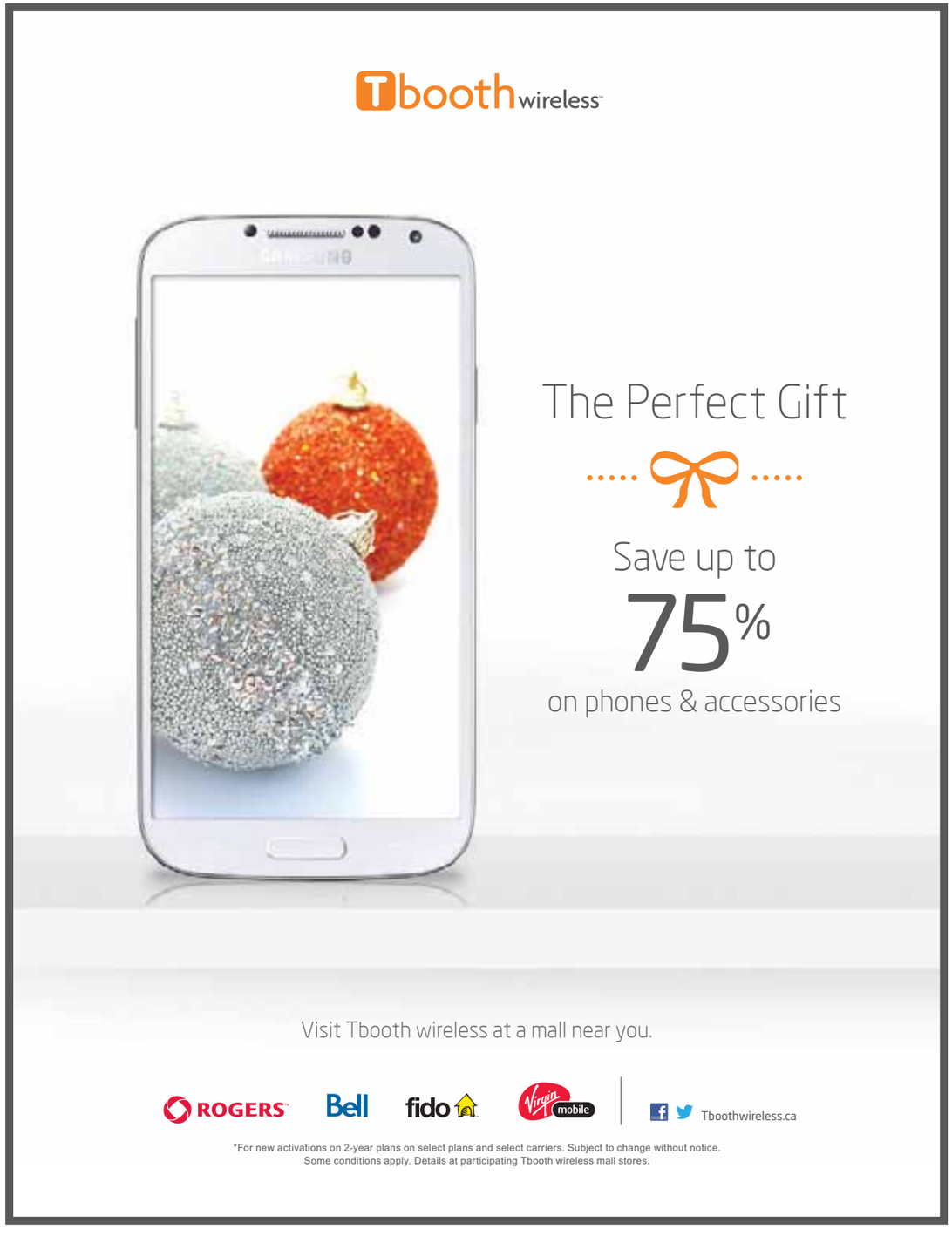
Roxette will kick off the series with a show in Auckland, New Zealand, on Feb. 7 and the tour will conclude in Roxette's native Sweden. AFP

Digital music

Happy, Frozen are iTunes' top sellers

The soundtrack for Frozen and Pharrell's viral Happy are the year's top-selling album and song on iTunes.

Apple announced Monday that Taylor Swift's 1989, just released in October, is behind Frozen. Coldplay's Ghost Stories, Sam Smith's In the Lonely Hour and the Guardians of the Galaxy soundtrack round out the Top 5 albums. THE ASSOCIATED PRESS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Ed, Katy and Coldplay rule the streaming world

Taylor Swift and Beyoncé may be hogging all the headlines, but when it comes to artists people are actually listening to, someone has them both beat. Last week, Spotify revealed its list of the year's most popular artists, and at the top is Ed Sheeran, making the lovable redhead the world's most-streamed artist.

METRO NEWS

Top Five Global Artists

1. Ed Sheeran
2. Eminem
3. Coldplay
4. Calvin Harris
5. Katy Perry

Top Five Global Males

1. Ed Sheeran
2. Eminem
3. Calvin Harris
4. Avicii
5. David Guetta

Top Five Global Females

1. Katy Perry
2. Ariana Grande
3. Lana Del Rey
4. Beyoncé
5. Lorde

Top Five Global Groups

1. Coldplay
2. Imagine Dragons
3. Maroon 5
4. OneRepublic
5. One Direction

Other leaders

Here are Spotify's top five tracks, albums and viral tracks for 2014.

- **Top Tracks.** Happy, Pharrell Williams; Rather Be (feat. Jess Glynne), Clean Bandit; Summer, Calvin Harris; Dark Horse, Katy Perry; All of Me, John Legend.
- **Top Albums.** x, Ed Sheeran; In The Lonely Hour, Sam Smith; The New Classic, Iggy Azalea; Girl, Pharrell Williams; My Everything, Ariana Grande.
- **Top Viral Tracks.** Take Me To Church, Hozier; Gooey, Glass Animals; Ojos Color Sol, Calle 13; Coffee, Sylvan Esso; Hey Mami, Sylvan.

GETTY IMAGES

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Listen as Guetta gets personal on album

Release. DJ explores deeper themes in new work, but says he still wants people to dance — with tears

David Guetta says he wants his new music to make you dance. That's no surprise, but he's also hoping to make you cry a little.

The Grammy-winning DJ-producer says his sixth album, Listen, is more emotional compared to past songs like the upbeat Sexy Chick with Akon and the explosive Where Them Girls At. "(My last album) Nothing But The Beat ... was all about like dancing and partying and being sexy, you know, and this is a little deeper," he said.

"It is of course an album that makes you want to dance because I'm a DJ first, and I'm a positive person, but it's a little more — my life was not so much a party, lately. It was harder on a personal level, and I think you can feel it in the album actually.

"Yes, I want people to dance, but they can dance with tears in their eyes. It's possible."

Listen, the French hitmaker's first album in three years, debuted at No. 22 and No. 1 on Billboard's 200 and Dance/Electronic albums charts. He said that writing and producing songs about his own emotions was therapeutic.

"When you have a problem, if you keep it to yourself, it makes you go crazy. If you speak about it, you feel better. So if you make a song about it, it really helps," he said. "And I'm very happy now."

The album features some of Guetta's usual suspects: Turn Me On collaborator Nicki Minaj appears on the song Hey Mama, while Sia, who worked with Guetta on the successful Titanium, lends her vocals to two songs.

He called the female stars "perfectionists" and said they caused some delays to the release of Listen.

"I actually finished the album five times and every time it was like, 'Ugh, I can do a little better,'" he recalled of Listen, which also features John Legend, Ryan Tedder and Emeli Sande. "And then Nicki Minaj called me and asked me for some changes. So I called the label, called the factory, they were pressing the record; I cancelled it.

"And the same with Sia," he continued. "We started a song together and she called me like, 'I love this song. We should really do it, but I want to re-sing.'"

THE ASSOCIATED PRESS

Quoted

"Yes, I want people to dance, but they can dance with tears in their eyes." David Guetta

David Guetta's new album Listen debuted at No. 22 on Billboard's 200 and No. 1 on the Dance/Electronic charts.
THE ASSOCIATED PRESS

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Heal the mental injury, too

Pain. Hurting yourself during a workout has an effect on the mind

SEPTEMBRE ANDERSON
life@metronews.ca

An injury can have a lasting mental effect long after it has healed. ISTOCK

There's nothing like an injury to bring you from the top of your game to champion couch surfer. While injuries are an inconvenient part of an active lifestyle, being sidelined by one can shake even the toughest competitor.

"I can tell you from personal experience that suffering an injury is one of the most frustrating things to ever happen because you don't feel that you're ever vulnerable," said Dr. Howard A. Winston, family and sports medicine physician at the Centre for Health and Sports Medicine in Toronto.

Winston played tennis at the provincial level and had to fault the finals due to personal injuries.

While many focus on the physical toll of injuries, the mental effects can't be ignored. Many athletes, recreational or professional, have found that the fear of reinjury, not the injury itself, is what holds them back.

Ryan Grant knows what it's like to be sidelined by injuries. The co-owner of HeadRush Training Center, a mixed martial arts gym in Toronto, saw his Olympic dreams shattered, literally, when he broke his hand during a boxing match.

"I went to nationals to see if I could qualify and that last year, for qualifications for nationals, I shattered my hand."

Grant spent six months in a cast and another six months in physiotherapy all while watching his competitor, the one he broke his hand on, go on to become world champion.

"Growing up, my brother went to the Olympics, my other brother was a world champion. I was supposed to be that guy," said Grant.

Grant, however, did not let his post-injury reluctance keep him from returning to the gym.

"You can't go in anything — work, school, relationships — harbouring something over the top of your head."

He built up his confidence by starting with exercises that he knew he could do and then increasing the challenge level, or what Grant calls "making sure the water's warm before getting back in there."

He also found wearing a brace — "mental reassurance," he says — helpful to regaining his mental toughness.

Grant agrees that it's the mental hurdle that's harder to get over than the physical hump. "I see it in athletes now. You'll see internal ailments that you can't control and it'll shatter your whole hope."

"An injury is so demoralizing," Winston says. "At the same time, it happens and you know you can recover from it if it's not serious and you can get back to competing again."

Winston recommends a holistic approach to recovering from an injury that includes physical and mental care.

"Anybody who suffers an injury is best served by a multidisciplinary facility ... because all aspects of care can be covered through one roof," he said. "You're seeing people who understand your interests and concerns."

Prevent the hurt

Heather Gardner of Tribe Fitness in Toronto shares her tips on avoiding injuries.

- **Warm up.** Start with easy cardio lasting 15 minutes to raise your body temperature, get your heart rate up and muscles moving.
- **Build.** Slowly increase your gym time and intensity by about 10 per cent a week.
- **Don't overdo it.** "Make sure that whatever you're doing, you're listening to your body."
- **See a professional.** Consider help from a personal trainer to learn proper form.

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A brand new way to assess antioxidants

Study. That morning glass of orange juice may be more important than you realize

The global antioxidant response method is the latest in assessing antioxidant value. AFP

The benefits of certain foods such as orange juice could be more important than we think, according to a new study suggesting current methods for determining antioxidant activity only tell half the story.

Researchers from the University of Granada developed a method called the global antioxidant response (GAR) that they claim provides a more thorough analysis because it assesses food in its entirety.

The researchers say that current methods for determining antioxidant value reflect only the portion that gets absorbed by the small intestine, called the liquid fraction.

"The problem is that the antioxidant activity of the solid fraction (the fibre) isn't measured, as it's assumed that it isn't beneficial," says study author José Ángel Rufián-Henares.

"However, this insoluble fraction arrives at the large intestine and the intestinal microbiota can also ferment it and extract even more antioxidant substances, which we can assess with our new methodology."

Using its GAR method, which simulates gastrointestional digestion in vitro, on both commercial and natural orange, mandarin, lemon and grapefruit juices, the team found 70 per cent of the antioxidant activity was found in the solid fraction, meaning that the numbers could be far greater than previously established.

"The antioxidant activity is, on average, 10 times higher than that which everyone thought up until now, and not just in juices, but also in any other kind of food analyzed with this methodology," says Rufián-Henares.

The study was published in the journal Food Chemistry.

AFP

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I'm scared to speak my mind at meeting time

OFFICE SPACE
Eleni Deacon
life@metronews.ca

Dear Metro,
Everyone in my office has an aggressive personality — except me. I'm so shy that lately I'm finding it difficult to even speak in meetings. I want to share my ideas and opinions, but I'm nervous to get shot down by all the other, louder people. How can I get over my nerves?
— Mute Wuss

Dear MW,
So you're the anxious, silent type. You respond to your colleagues' squawks with no response at all. But here's a suggestion: You're not actually afraid of your co-workers. You're afraid of disappointing yourself.

By taking the focus off others and onto yourself, you take back control. Don't ask, "How can I impress those loudmouths?" Instead ask, "How can I be happy with my own contributions, regardless of how the loudmouths react?"

If possible, prepare. Bringing notes to your meeting, and even rehearsing beforehand, will help smooth over your stumbles.

In the moment, trap the butterflies in your stomach with clichéd but effective calm-your-nerves techniques. Breathe deep, count to 10, and have water on hand to sip away any croaks in your throat.

And if these methods don't work, just open your mouth and see what happens. Because what's worse — your co-workers disliking your ideas, or thinking you have no ideas at all?

Dear Metro,
My office is doing the 'Yankee Swap' version of Secret Santa — that's the one where we each bring a wrapped gift, put it on a table, then take turns either opening a new package or stealing from someone else. I really want to bring a cool gift, but there are about 30 people in my office and I don't know how to please the whole crowd. Any ideas?
— St. Nick Wannabe

Assuming that your co-workers are out to get you may ambush your chances of getting to know a great group of people. Say your piece and see what happens. ISTOCK

Dear SNW,
Something lame: Getting stuck with a crappy gift at the end of your Yankee Swap. Something even more lame: Being the guy who brought the no-one-wants-it dud to your Yankee Swap.

For a safe bet, go boring-but-useful. Stealables with wide appeal include gift cards to a lunch place near your work, fancy snacks, or a nice bottle of booze. Scratch lottery tickets are a fun gift card alternative — though it might sting if your giftee wins big.

Either way, try to keep it gender and age neutral, and always ask yourself: Would I re-gift this?

Or you could forget all that and go wild. A goofy gift won't be the most coveted, but it will be the most memorable.

Joanne from marketing may not want that macaroni-decorated homemade picture frame showcasing a glam-our shot of your face — but everyone will get a kick out of watching her unwrap it.

It sounds silly, but it works

In the moment, trap the butterflies in your stomach with clichéd but effective calm-your-nerves techniques.

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Classic deli sandwich loses traditional base

Reuben Strata. This meal offers you the option of bread but gives sauerkraut the spotlight

NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

It's not about the base (yes, I know the song is actually all about the "bass," but this was funnier, no?).

It's about the ratio.

Sandwich bases (bread) add calories, carbs, salt and often sugar to your meal. When you switcheroo the nourishing fillings and dial back the cheesy, fatty bits of a classic, you suddenly have a healthier meal that is just as quick.

Here are ways to bump up the best so you can have your hoagie and eat it, too.

Tuna Salad

Forgo the bread and serve in Boston or Bibb lettuce. Use low fat mayo mixed with grainy (zero calorie!) mustard and grate celery into the mix.

Egg Salad

Omit mayo, use only Greek yogurt, stir in curry powder and spread into celery sticks.

BLT

Serve open-faced with one slice of crumbled bacon, add a few pieces of lettuce, double up on the tomato and mix low-fat mayo with plain Greek yogurt.

Grilled Cheese

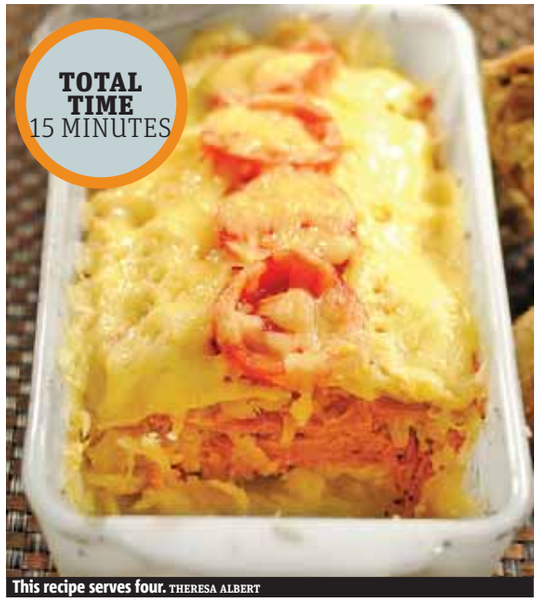
Choose thin, whole grain rye bread and don't butter it on the outsides. Instead, measure a teaspoon of butter into the hot pan as though you are frying. Grate aged cheddar and add slivers of apple or pear.

Wraps

Even whole grain wheat wraps are between 150 and 300 calories and are really just a delivery system for the filling. Switch to rice paper wraps, which only need a dip in warm water, and then they can hold just about any filling from day-old salad to leftover chicken.

Ingredients

- 2 cups sauerkraut
- 1/4 cup chopped dill
- 4 tbsp mustard
- 1/2 pound pastrami
- 1 sliced tomato
- 1/4 cup grated Swiss cheese



This recipe serves four. THERESA ALBERT

Reuben Strata

Sauerkraut is a very nutritious, high-fibre, prebiotic food that needs to take on a more starring role.

This layered casserole feels more like a meal than a sandwich, but it couldn't be easier.

1. Preheat oven to 400 F. Empty sauerkraut into colander and rinse under cold water, squeeze dry.

2. Combine dill and mustard.

3. Layer sauerkraut, pastrami, and dill-mustard mix into three layers in a loaf pan. Repeat until out of ingredients.

4. Top with tomato and Swiss cheese. Bake in oven until warmed through and cheese melts, about 10-15 minutes.

5. Serve with whole grain bread and salad. **THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PERSONAL NUTRITIONIST. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM**

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Raptors work OT to break Nuggets

NBA. Williams scores game-high 26 points, while Valaciunas and Lowry chip in with double-doubles

Lou Williams scored 26 points, including a big three-pointer in overtime, to lift the Toronto Raptors 112-107 over the Denver Nuggets in overtime Monday.

Jonas Valanciunas — with 18 points and 12 rebounds — and Kyle Lowry — with 13 points and 13 assists — both had double-doubles on the night for the Eastern Conference-leading Raptors (16-5).

Patrick Patterson added 19, while Terrence Ross finished with 16 for Toronto, which was playing its fifth game without injured all-star DeMar DeRozan.

Arron Afflalo had 25 to top the Nuggets (9-12), in their fourth straight loss. Ty Lawson added 22.

Toronto led by as many as 17 points in front of an Air Canada Centre capacity crowd of 19,800 that included former Raptor Charles Oakley, and looked poised to cruise to an easy win.

But the Nuggets chipped away at the deficit during the third and pulled to 82-81 going into the fourth quarter.

The Raptors couldn't buy a basket in the fourth, jacking up long-range shots that missed the mark until they found themselves trailing by five points with 2:41 to go.

On Monday

112	107
Raptors	Nuggets

- The Raptors will be in action again on Tuesday night when they visit the Cleveland Cavaliers.
- They're back home to host the Indiana Pacers on Friday.

Patterson connected for two three-pointers within two minutes, his second pulling the Raptors even at 102-102 with 28 seconds left. Then with the ACC crowd on its feet, Denver turned the ball over on a shot-clock violation, sending the game into overtime.

When Lowry found Johnson under the basket with 2:10 to go in overtime, it put the Raptors up 109-105. Then, with 54 seconds left, Williams stepped back and calmly drained a three, and the Raptors were up by seven.

Toronto is 14-0 this season when leading after three quarters, a streak that actually stretches back 39 games to April 1, 2013.

The Raptors have now allowed opponents to score 100-plus points in eight straight games.

Denver was missing Kenneth Faried (back) and Nate Robinson (back).

THE CANADIAN PRESS

Raptors guard Greivis Vasquez puts up a shot against the Nuggets' Wilson Chandler on Monday night at the Air Canada Centre.

TARA WALTON/TORSTAR NEWS SERVICE

MLS. TFC captain eligible for expansion draft

Veteran defenders Steven Caldwell of Toronto FC and Matteo Ferrari of the Montreal Impact have both been left unprotected in Wednesday's expansion draft.

MLS teams were allowed to protect 11 players, with home-grown players also exempt. A club can lose no more than two players in the draft.

Orlando City SC and New York City FC will each select 10 players from the 18 other MLS clubs. THE CANADIAN PRESS

Steven Caldwell

TORSTAR NEWS SERVICE FILE

NHL. Senators drop the axe on coach MacLean

Less than 18 months after being honoured as the NHL's coach of the year, Paul MacLean is out of a job.

The Ottawa Senators fired MacLean on Monday after an 11-11-5 start, though the problems team executives had with the coach extended back into last season when the Senators missed the playoffs.

MacLean is the first NHL coach to be fired this season.

Senators general manager Bryan Murray told a news conference Monday that assistant Dave Cameron will be the new head coach of the team.

THE CANADIAN PRESS

On the defensive

5.6

MacLean's defensive tactics that allowed opponents easy entry into the attacking zone were responsible for the Senators being outshot 34.4 to 28.8 on average this season — a difference of 5.6 shots.

Premier League

RVP's brace leads Man U to victory

Two clinical finishes from Robin van Persie gave Manchester United a 2-1 victory against Southampton in the Premier League on Monday, despite the visitors being pegged back for much of the game at St. Mary's.

Van Persie scored with United's only two efforts on target to give Louis van Gaal's side its fifth win in a row and overtake Southampton in third place. Southampton dropped to fifth behind West Ham after its third straight loss against the teams it hopes to challenge for a top-four spot — Manchester City, Arsenal and United.

THE ASSOCIATED PRESS

Rule changes

IOC moves quickly in big overhaul

The IOC approved a wide-ranging reform package Monday, including a more affordable bidding process, creation of an Olympic television channel and a more flexible sports program that could bring baseball and softball into the 2020 Tokyo Games.

The IOC also approved the rewording of non-discrimination policy to include sexual orientation — a move that followed the controversy over Russia's law against gay "propaganda" ahead of the 2014 Winter Olympics in Sochi.

The International Olympic Committee voted in favour of the new rules on the opening day of a special session to adopt president Thomas Bach's 40-point 'Olympic Agenda 2020' program, the biggest changes in the IOC in decades.

THE ASSOCIATED PRESS

Saying goodbye

"Going forward, we have to play in honour of him, and he's looking after us. It was a tough morning, but it was nice to see current and former players show up and show their respect."

Canadiens alternate captain Max Pacioretty following a visitation on Monday for hockey legend Jean Béliveau, who died last week at 83.

Rangers play it by ear vs. Pittsburgh

NHL. Defenceman Klein overcomes ear injury to score OT winner

Kevin Klein, bloodied earlier by a high stick that ripped off part of his ear, fired in a slap shot 3:45 into overtime to give the New York Rangers a 4-3 victory over the Pittsburgh Penguins on Monday night.

Klein, a defenceman showing off his offensive skills recently, scored for the second straight game and for the sixth time this season, a career high. He rescued the Rangers, who blew a 3-1 lead late in the third period when Pittsburgh scored twice in 24 seconds to tie it.

Part of Klein's left ear was severed and reattached during the game, Rangers coach Alain Vigneault said.

Rick Nash broke a second-period tie with his sixth goal in eight games, and Henrik Lundqvist returned to the net with 32 saves for New York.

Rangers forward Rick Nash scores on the Penguins' Marc-Andre Fleury on Monday night in Manhattan.
GETTY IMAGES

Nash and J.T. Miller scored in the middle period to turn a one-goal deficit into a lead, and Kevin Hayes made it 3-1 with 7:02 left in the third. Lundqvist earned his third win in his past five appearances after sitting out New York's 3-2 loss at Detroit on Saturday.

Nick Spaling staked Pittsburgh to a 1-0 lead in the first period, and Evgeni Malkin and Steve Downie scored in rapid succession in the third. Marc-Andre Fleury stopped 25 shots for the Penguins, who have dropped two of three overall and two of three to the Rangers this season.

Malkin started the comeback with his 15th goal at 15:17, and Downie tied it with his fourth after Rangers defenceman Marc Staal couldn't handle a bouncing puck. Downie also assisted on Spaling's goal.

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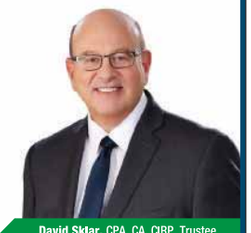
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Stuck on 12 Across? Scan this image with your Metro News app for today's crossword and Sudoku answers. It's OK. No one's watching.

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→ See the full instructions on Metro's Voices page.

Horoscopes by Sally Brompton

♈ Aries
March 21 - April 20
What occurs today will cause you to question some of your most deeply-held beliefs. Could it be the world is not designed the way they told you it was?

♉ Taurus
April 21 - May 21
Refuse to settle for second best in anything you do. The standards you set now are the standards you will have to live by for the next few months, so aim high.

♊ Gemini
May 22 - June 21
It may look as if you are the only one who knows what's going on at the moment but the planets warn you could be kidding yourself.

♋ Cancer
June 22 - July 23
Don't scatter your energy in too many directions today or you may fail to reach your number one goal. That would be a shame because there is much you can accomplish.

♌ Leo
July 24 - Aug. 23
Be enthusiastic about what you have to do today. Even if it is the last thing you want to be doing you have no choice but to see it through to the end.

♍ Virgo
Aug. 24 - Sept. 23
You will need a great deal of patience over the next 24 hours, especially when dealing with authority figures.

♎ Libra
Sept. 24 - Oct. 23
You will hear something today that sounds too good to be true and you are right to be suspicious. What you are told is only half the story.

♏ Scorpio
Oct. 24 - Nov. 22
You need to let go of things you no longer need, especially things that have become a drain on your time and energy.

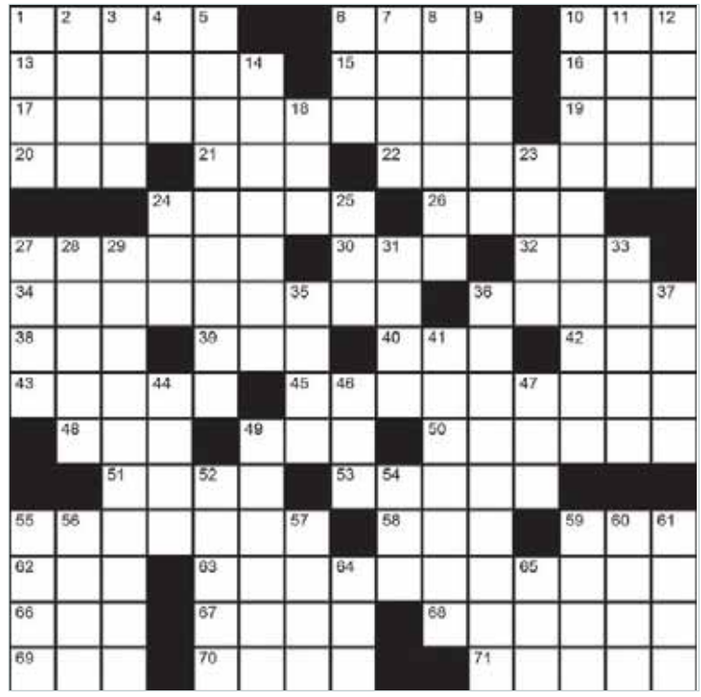
♐ Sagittarius
Nov. 23 - Dec. 21
Sometimes you are suspicious for no good reason but today you are right to be skeptical of what you see and hear. You need to question what work colleagues are telling you.

♑ Capricorn
Dec. 22 - Jan. 20
You need to put your financial house in order, Yes, you will have to make cutbacks, but in the long-term it will be worth it. Less means more.

♒ Aquarius
Jan. 21 - Feb. 19
Today may not be the most exciting day, but it will be important, not least because the motives of someone you have important dealings with will at last be clear to see.

♓ Pisces
Feb. 20 - March 20
You need to deal with a situation that has been bothering you for several weeks. It may require you to make a decision that is in some way final.

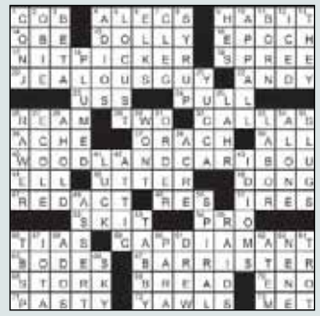
Crossword: Canada Across and Down by Kelly Ann Buchanan



Across
1. Rocker Mr. Lewis'
6. Li'l quantities
10. Haul
13. Talent show Cat Deeley hosts [acronym]
15. Villain's chuckle
16. Identity part
17. Gwich'in activist (b.1934 - d.2010) who advocated for rights of Aboriginal and northern women. She is also a Member of the Order of Canada.: 2 wds.
19. __ mode: 2 wds.
20. Flight simulators co.
21. Sarcastic
22. Tweezers/stencils purchase: 2 wds.
24. President's Choice's Mr. Weston
26. "What's Hecuba to him __ __ to Hecuba..." - Hamlet
27. Ablaze: 2 wds.
30. Long time
32. Richard Wagner aria: "_ __, Mein Holder Abendstern"
34. Christmas-y village in Quebec, __-__
36. Beyonce's 'I Am... __ Fierce'
38. Li'l roads
39. Enlightenment in Buddhism
40. __-eyed
42. Canadian actress Sandra's
43. Eights: Spanish
45. Vancouver Island community known for its murals
48. Cleave
49. Modern
50. Potential response to "Will you ever?": 2 wds.
51. Network of nerves
53. Some fishies
55. Commonplace
58. Name: French
59. Geog. coordinate
62. Pitcher's stat.
63. This northern Saskatchewan settlement's name reflects its mining heritage: 2 wds.
66. Guys
67. Taboo
68. Salmon: French
69. Not: French
70. Understood
71. Free: French

Down
1. _ _ _ _ Bank Canada
2. Scottish island
3. Raison d'__
4. St. John's International Airport code
5. Montreal Hebrew Delicatessen, since 1928
6. Hamilton Bulldogs org.
7. Geri H. bandmate
8. Actress Charlize
9. Mister: Spanish
10. Madonna's "Rebel Heart", recently: 2 wds.
11. Fancy fruit
12. Bearded animal
14. Singer Ms. Love
18. "Affirmative, Admiral!"
23. "Slow down!"
24. Cotton __
25. Born, in Boucherville
27. Bone, in Italy
28. "Of course!", slangly
29. __ Cove (Attraction in Eastern Passage, NS)
31. Ye's follower
33. Casual 'yes'
35. As soon as...
36. Whale, for one: 2 wds.
37. Abbreviated aide
41. Foreboding
44. Due, as dollars
46. Very warm
47. '_' __ for Iqaluit
49. Nerve cell
52. Spare tire locale
54. Single
55. __ hearts (Health store purchase)
56. Fertilizer component
57. Horse's 'hair'
59. Branch
60. 'Origin' suffix
61. Ms. Daly
64. This moment
65. __ bono? = For whose benefit? ...in Latin

Yesterday's Crossword



Online

See today's answers at metronews.ca/answers

Conceptis Sudoku by Dave Green

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

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Yesterday's Sudoku

1	8	2	5	7	3	4	9	6
3	5	7	6	4	9	2	1	8
4	6	9	2	1	8	5	3	7
6	3	1	8	9	4	7	5	2
8	9	5	3	2	7	1	6	4
7	2	4	1	6	5	9	8	3
2	7	8	9	5	6	3	4	1
5	1	6	4	3	2	8	7	9
9	4	3	7	8	1	6	2	5

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2015 FUSION S

2014 IIHS TOP SAFETY PICK+ APPLIES TO OPTIONAL FRONT CRASH PREVENTION MODELS

TITANIUM MODEL SHOWN

- SYNC® Voice-Activated Communications and Entertainment System with 911 Assist®∞
- 6-Speed SelectShift® Transmission with Sport Mode
- Rearview Camera
- 16" Aluminum Wheel

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OWN FOR ONLY **$22,999**† OFFERS INCLUDE **$500 YEAR-END CASH**≠

REBATES, FREIGHT AND AIR TAX.

2014 FOCUS SE

WORLD'S BEST-SELLING NAMEPLATE‡

ST MODEL SHOWN

- 160HP 2.0L 4-Cyl Ti-VCT Engine
- Torque Vectoring Control
- MyKey Technology
- SYNC® Voice-Activated Communications and Entertainment System with 911 Assist®∞
- Air Conditioning

PURCHASE FINANCING FOR **$108@0.99%** APR** OR BI-WEEKLY FOR 84 MONTHS WITH $0 DOWN

WELL EQUIPPED SE FOR ONLY **$18,889**† OFFERS INCLUDE **$750 YEAR-END CASH**≠

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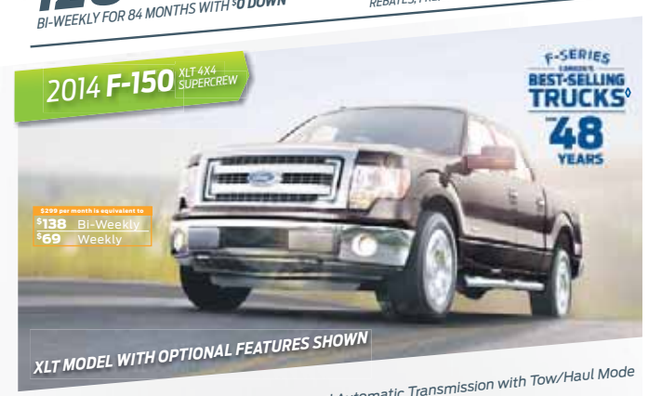
2014 F-150 XLT 4X4 SUPERCREW

F-SERIES LARGELY BEST-SELLING TRUCKS◊ FOR 48 YEARS

$299 per month is equivalent to $138 Bi-Weekly / $69 Weekly



XLT MODEL WITH OPTIONAL FEATURES SHOWN

- 360HP 5.0L V8 Engine w/ Electronic 6-Speed Automatic Transmission with Tow/Haul Mode
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- SYNC® Voice-Activated Communications and Entertainment System with 911 Assist®∞

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Retail offers not combinable with any CPA/GPC or Daily Rental incentives, the Commercial Upfit Program or the Commercial Fleet Incentive Program (CFIP). *Until January 2, 2015, receive 0% APR purchase financing on new 2015 Escape models for up to 36 months, 2014 Edge models for up to 60 months, and 2014 Focus, C-MAX, F-150 (excluding Regular Cab XL 4x2 Value Leader and Raptor) and 2015 Fiesta and Fusion models for up to 72 months to qualified retail customers, on approved credit (OAC) from Ford Credit. Not all buyers will qualify for the lowest interest rate. Example: $25,000 purchase financed at 0% APR for 36/60/72 months, monthly payment is $694.44/$416.66/$347.22; cost of borrowing is $0 or APR of 0% and total to be repaid is $25,000. Down payment on purchase financing offers may be required based on approved credit from Ford Credit. **Until January 2, 2015, receive (0.99%/0.39%/0.99%) APR purchase financing on new (2015/2014/2014/2014) Ford [Fusion S/Fusion Titanium/Focus SE Sedan(M/T)/Focus ST] models for up to [84/84/84/84] months, to qualified retail customers, on approved credit (OAC) from Ford Credit. Not all buyers will qualify for the lowest interest rate. Example: [2015/2015/2014/2014] Ford [Fusion S/Fusion Titanium/Focus SE Sedan M/T/Focus ST] for [$22,999/$34,999/$18,959/$30,899] [after [$0/$0/$0/$0] down payment or equivalent trade-in, and [$500/$500/$750/$750] Year-End Cash deducted] purchase financed at [0.99%/0.99%/0.99%/0.99%] APR for [84/84/84/84] months, to qualified retail customers, on approved credit (OAC) from Ford Credit. All purchase finance offers include freight and air tax and PPSA but exclude administration and registration fees of up to $799, fuel fill charge of up to $120 and all applicable taxes. All prices are based on Manufacturer's Suggested Retail Price. ^Until January 2, 2015, lease a new 2014 Ford F-150 XLT SuperCrew 4x4 (300A Package) for up to 24 months, and get 0% APR on approved credit (OAC) from Ford Credit. Not all buyers will qualify for the lowest APR payment. Lease a new 2014 F-150 XLT SuperCrew 4x4 (300A Package) with a value of $35,059 (after [$2,575] down payment or equivalent trade-in and [$5,500] Year-End Cash and $5,700 Ford Credit Lease Cash deducted and including freight and air tax of [$1,800]) at 0% APR for up to 24 months with an optional buyout of $21,633, monthly payment is $299, total lease obligation is $9,751, interest cost of leasing is $0 or 0% APR. Offers include freight, air tax, and PPSA but exclude administration and registration fees of up to $799, fuel fill charge of up to $120 and all applicable taxes. Additional payments required for optional features, license, and insurance. All prices are based on Manufacturer's Suggested Retail Price. Some conditions and mileage restriction of 40,000 km for 24 months applies. Excess Kilometrage charges are 12¢ per km for Fiesta, Focus, C-MAX, Fusion and Escape; 16¢ per km for E-Series, Mustang, Taurus, Taurus X, Edge, Flex, Explorer, F-Series, MKS, MKX, MKZ, MKT and Transit Connect; 20¢ per km for Expedition and Navigator, plus applicable taxes. Excess Kilometrage charges subject to change (except in Quebec); see your local dealer for details. ~Remember that even advanced technology cannot overcome the laws of physics. It's always possible to lose control of a vehicle due to inappropriate driver input for the conditions. Some mobile phones and some digital media players may not be fully compatible with SYNC — check www.syncmyride.com for a listing of mobile phones, media players, and features supported. Driving while distracted can result in loss of vehicle control, accident and injury. Certain MyFord Touch® functions require compatible mobile devices. Some functions require connection to 911 emergency assistance services. Data plan rates may apply. ∞Capable 3G or 4G LTE mobile phone and data plan required. Conditions, limitations and charges may apply. Services may not be available in all areas. See www.sync.ford.com or your dealer for details. ‡Based on 2007-2013 and YTD June 2014 R.L. Polk vehicle registrations data for Canada in the Large Premium Utility, Large Traditional Utility, Large Utility, Medium Premium Utility, Medium Utility, Small Premium Utility, and Small Utility segments. ◊Claim based on Ford's definition of single nameplate, which does not include rebadged vehicles, platform derivatives or other vehicle nameplate versions based on IHS Automotive Polk global new registrations for CY2013. ¥F-Series is the best-selling pickup truck in Canada for 48 years in a row based on Canadian Vehicle Manufacturers' Association statistical sales report up to June 2014. ^Offer only valid from December 2, 2014 to January 2, 2015 (the "Offer Period") to resident Canadians with an eligible Costco membership on or before November 30, 2014. Receive $750 towards the purchase or lease of a new 2014/2015 Ford Fiesta (excluding S), Focus (excluding S and BEV), C-MAX, and $1,000 towards all other Ford models (excluding GT500, GT350, 50th Anniversary Edition Mustang, Raptor, and Medium Truck) (each an "Eligible Vehicle"). Limit one (1) offer per Eligible Vehicle purchase or lease, up to a maximum of two (2) separate Eligible Vehicle sales per Costco Membership Number. Offer is transferrable to persons domiciled with an eligible Costco member. Applicable taxes calculated before CAD$1,000 offer is deducted. ^NO PURCHASE NECESSARY. Open only to legal residents of Ontario who have reached 18 years of age. Toy Mountain gift or cash donation, or new Ford vehicle test drive required to obtain an entry ballot. Five (5) prizes will be awarded in Ontario, consisting of one (1) new 2015 MUSTANG V6 COUPE (approx. retail value of CAD$32,581) and four (4) $1,000 cash prizes. One (1) entry permitted per donated unwrapped toy. One (1) entry permitted per online Toy Mountain donation (with proof). Limit one (1) re-purchase-necessary entry per person, per day. Odds of being selected as a finalist are solely dependent on the total number of ballots received. Odds of winning the vehicle prize as a finalist are 1 in 5. Contest closes December 16, 2014. Skill-testing question required. Prize may not be exactly as shown. See dealer for full contest rules. ©2014 Sirius Canada Inc. "SiriusXM", the SiriusXM logo, channel names and logos are trademarks of SiriusXM Radio Inc. and are used under licence. ®, ™ Registered trademark of Price Costco International, Inc. used under license. ©2014 Ford Motor Company of Canada, Limited. All rights reserved.